

## ABSTRACT OF THE DISCLOSURE

A cam mechanism includes a cam ring including at least one cam rib which is formed on a peripheral surface of the cam ring to extend non-linearly; and a follower 5 ring which is concentric with the cam ring, and includes at least one pair of cam followers which are formed on a peripheral surface of the follower ring to be positioned apart from each other in an axial direction of the follower ring to hold the cam rib between the pair 10 of cam followers. Central positions of the pair of cam followers are offset from each other in a circumferential direction of the follower ring.